



Exercise Helps Build Allied Ties

By MC2 MICHAEL HART
Penny Press editor

USS Abraham Lincoln (CVN 72), flag ship for Carrier Strike Group (CSG) 9, teamed up with the Japanese Maritime Self-Defense Force March 23 to conduct a passing exercise (PASSEX) in the Western Pacific ocean.

During the exercise, officers from both sides participated in an officer exchange program between ships in order to get a better understanding on how each other operates.

"The face-to-face interaction helps with the communication barrier," said Lt. Cmdr. Jennifer Mills, from Destroyer Group (DESRON) 9. "It allows us to be on the same page with the goals of this exercise."

Mills, who was stationed in Japan for two years, was honored to be able to go aboard JDS Kirishima (DD 174), a Kongo-class destroyer similar to U.S. Arleigh Burke-class destroyers.

"I've always been extremely interested in how different navies are put together and operate," said Mills. "They have managed to come up with ways to operate similar to ours, based from a different way of thinking."

Not only did she see a ship from a different country, she also witnessed how the Japanese conduct themselves on a regular basis.

"The Japanese are extremely efficient and outstanding mariners," Mills said. "They run their ship with constant professionalism in everything they do."



Photo by MC3 (AW) Jeremy Yoder

USS Abraham Lincoln (CVN 72) participates with three Japanese ships and one U.S. ship in a Passing Exercise (PASSEX) on March 23. These exercises help build international relations and cooperation among foreign militaries. The ships involved were USS Stethem, JDS Hatakaze, JDS Harusame and JDS Kirishima.

While Mills and four other members of Abraham Lincoln's crew were touring Japanese ships, Lincoln hosted four distinguished visitors from different Japanese ships for the three-day exchange.

One visitor to Abraham Lincoln said this exchange, like the exercise, allows the two nations to demonstrate their ability to work together in a variety of missions.

"This operation helps build the United States and Japanese

Turn to PASSEX , Page 5

Lincoln Barbers: A Cut Above The Rest

By MCSN TIMOTHY ROACHE
Penny Press Staff

Some of us may have forgotten why we joined the Navy, or what we truly wanted to do with our lives. Those dreams of what we want to do may become blurred. Ship's Serviceman Herbert Burnett is one Sailor who remembers why he joined and

is still living out his dream.

Burnett, the 32-year-old barber in the CPO barbershop, did not start his career in the Navy; he started his career 20 years ago.

Originally from Panama, Burnett moved to at the age of 12 when his Mother remarried.

"At that age it wasn't big deal," said

Burnett. "There was really no adjustment to be made."

After moving Burnett realized that he had a talent for cutting hair. His older brother gave him a pair of clippers and sat down in a chair.

"I was nervous, I had no idea what I was

Turn to BARBER, Page 7

Inside

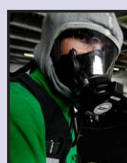
Operational Security
and you...

... pg. 3



This week's
"Week at a Glance"

... pg. 8



SPOTLIGHT SAILOR..... 2
SAFETY SAILOR..... 9
SHIPMATES..... 9

Local Stories

Spotlight Sailor



PHOTO AND DATA COMPILED BY MCSN JAMES EVANS

AC2 Nicholas Strenke

Operations/OC

Joined the Navy:

July 11, 2002

Reason he joined the Navy:

"To travel, and to find out what I really want to do in life."

Advice to new Sailors:

"Explore all of your options."

AC1 Switzer, Strenke's LPO, talks about his "Spotlight Sailor:"

"AC2 Strenke is becoming a valuable asset to Abe Lincoln's CATCC team. He is a talented Air Traffic Controller and instructor."



**ATTENTION
ON DECK!!!**

Don't Forget About Separating Trash!

The following is a general guideline on how waste should be separated:

- a. Metal (aluminum cans **MUST** be crushed).
- b. Paper.
- c. Plastic (plastic bottles, cups, candy wrappers). **ALL** food plastic containers should be rinsed and clean.

- d. Food (separate bones, eggshells from all other foods. Food should be placed in a paper bag).

- e. Any rags used for painting or clean up of oily waste must still be turned into Hazmat.

*Hours of operation are:
9 a.m. to 7 p.m. and 9 p.m. to 7 a.m.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. David Lausman
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2 Michael Hart
Staff.....	MCC(SW/AW) Christopher King
	MC1(SW) Joaquin Juatai
	MC1 Michael Murdock
	MC2 Michael Cook
	MCSN Nikki Nester
	MC3 James McGury
	MCSN Ronald Dallatore
	MCSN James Evans
	MCSN Mary Guiney
	MCSN Timothy Roache
Webmaster.....	ET3 George Mann



March 24, 1903

George Dewey was commissioned Admiral of the Navy with the date of rank, 2 March 1899. He was the only person to hold this rank.

Column

Old Saying Still Holds True Today

Loose Lips Can Still Sink Ships

By **FLTCM(AW/SW) JON R. THOMPSON**
Special to the Penny Press

Hoo-yah, Warriors! Just returned from another trip talking with many Sailors on the deckplates, and I'm happy to say 2006 is going really well. Our young Sailors are energized, smart and ready to take on any mission, any time!

While I was out and about, I had a conversation that just screamed for a column topic. It's something we all need occasional reminders about.

I was chatting with this Army fellow, and he started to tell me about some of the "loose talk" he was hearing. Now it wasn't anything earth-shattering, but it was enough to make you go "hmmmmmm."

Warriors, loose lips can still sink ships. Unfortunately the world is still a place full of bad people who would love nothing more than to deep-six any one of our ships, submarines, or aircraft. And just as important, they would love to attack any of us or our families.

In this current state of global terror we're fighting against, that's a sad fact of life.

I'm not trying to get everyone paranoid and constantly looking over their shoulders, but we do need to remember a few things to protect ourselves, our families, and our Navy.

The first thing we all need to do is be alert to the threat and what we are saying. Liberty hangouts, grocery stores, just about anything near a military installation is a prime target for the folks trying to collect information and yes they are out there.

How many times have you started up sea stories amongst friends and talked about a few things that weren't classified,

but were sensitive? Do you know who's at the next table listening to you? Do you really know the person you are talking to?

The same goes for home. How many times have you been talking about work over dinner? Do you mention a few things that you really shouldn't have? Sure, they don't seem that important, but if other family members talk about them too, then the information can get to the wrong folks.

We have to be alert to what we are saying and where we are saying it. Secrets don't always get out in big chunks. They are slowly gathered piece by piece like a jigsaw puzzle. So watch what you're saying and who you are saying it to. And be sure to talk with your families about this so they can be alert as well. This is very much a team effort.

But it's not just our personal conversations we have to watch out for. There's everyone's newest best friends cell phones, email, the Internet and those live chat programs.

Here's a good question for you. Do you use those new wireless network gadgets at your home? You do know that wireless networking is just a radio transmitter, right? How secure do you think it is? Do you use a wireless keyboard? Another transmitter.

Did you also know that someone with some fairly simple off-the-shelf technology could watch you surf the Web, type emails and monitor your online chats? Do you do some of your military work on your home computer? Does your spouse email back and forth to you during deployment?

How secure do you really think your cell phone is? A few of the computer guys told me once that someone with the right training and equipment could possibly "hack" into my cell phone, turn it on, and listen to everything going on around me.

Is that likely to happen to you? I really



doubt it, but it just illustrates how easily information can be compromised, and how important these issues are for our Navy.

As more and more people use wireless technology, the easier it will be to tap into what they are emailing or working on – without them even knowing it.

We're talking some basic OPSEC common sense here folks. Don't use email or chat rooms to discuss TAD trips, flight schedules, exercises or other operational topics – even if they seem routine. And don't try to "talk around" the subject either.

That's gold for intelligence collectors. They help put together a much bigger picture about our operational plans or capabilities. That puts our shipmates in danger, and we cannot have that.

I realize none of us intentionally plan to compromise information. But let's face it, as technology makes it easier for us to communicate back and forth, the easier it is for the bad guys to listen in. And that's what we have to watch out for.

This all boils down to my final point about protecting critical information. What you know may not necessarily be

Turn to FLTCM, Page 4

Local News

PASSEX

Continued from page 1

friendship,” said Lt. Cmdr. Tadahiro Fujiyama, from JDS Takanami (DD 110). “It also helps us understand each other better.”

Cooperation between the U.S. Navy and the navies of allied countries is very important in today’s ever-changing political climate.

“The Japanese are a major ally,” said Mills. “We need to form a world wide force and doing exercises like this, helps us understand each others capabilities. This helps us become stronger against any opposing forces.”

While this PASSEX helped build American and Japanese relations, future exercises will help build stronger ties with other allied nations allowing the formation of strong coalition strike groups.

“Every time we do [PASSEX],” said Mills. “It helps us understand how our allies do business. [Exercises] help build our friendship and communications. They are an excellent way for us to learn more and more from friends and allies.”

CSG 9 includes USS Abraham Lincoln (CVN 72), Carrier Air Wing (CVW) 2, DESRON 9, the guided missile cruiser USS Mobile Bay (CG 53), and the guided missile destroyers USS Russell (DDG 59) and USS Shoup (DDG86).

The Abraham Lincoln Carrier Strike Group (ALCSG) is on a routine deployment to conduct maritime security operations and to train with coalition partners to improve the ability to operate with naval forces from many nations.

During ALCSG’s last deployment, USS Abraham Lincoln (CVN 72) and CVW-2 brought much needed aid to the Tsunami ravaged area of Banda Aceh, Indonesia, in Operation Unified Assistance in early 2005.

A Message from DAPA

More than our high-tech equipment, superior tactics, or unparalleled logistics, it is our people who make us the best Navy in the world, and any threat to them must be dealt with quickly and decisively. Alcohol abuse and the incidents it causes impair our readiness and reduce the quality of life of our Navy team. For further information contact PRC(AW) Stone at J-Dial 405 or PCS 2519.

SCHOLARSHIP OPPORTUNITY

Wings Over America (WOASF) is accepting applications for its CY-06 scholarship fund. WOASF awards scholarships to spouses and dependents of Naval Aviation personnel. Unmarried Children, up to the age of 23 and spouses of Active Duty Servicemembers who are serving or have served honorably in the United States Naval Air Forces are eligible. Applications are due no later than April 1, 2006. For more information log onto www.wingsoveramerica.us.

FLTCM

Continued from page 3

secret or classified. But it does deal with your command’s activities, capabilities, or plans. And that little bit of info could put you and your command in danger.

The terrorists who hit the USS Cole had just enough information to attack the ship, cripple it, and kill 17 Sailors. We must deny them any information that would allow another such attack.

Let’s all think twice about the things we talk about and where we are saying them. Sit down with your family and talk with

them about operational security and remind them to be careful about what they say over the telephone and in public – they just can never be sure who is listening.

With the above said, if someone approaches you and is asking for information, you should immediately contact your command. With our Sailors deployed worldwide and all the operations the Navy is conducting, keeping our information close has never been more important. Loose lips could compromise safety and security!

Fleet Tip: Did you know that you can get choice coast orders after a successful tour of duty in Japan, Korea or Guam ... see your NC for further details.

Navy First: ‘Stakeholders Meeting’ Eases Media Rating Merger

MC1(SW) JOAQUIN JUATAI
Penny Press Staff

In preparation for the Advancement Exam Development Conference (AEDC) for the Mass Communications Specialist rating, members of each of the media ratings invited some key players in the enlisted community and education fields of the Navy to a “Stakeholder’s meeting” to help ensure the merger goes smoothly.

Held during the first week of January, the meeting included representatives of the four ratings; Journalist, Photographer’s Mate, Lithographer’s Mate and Draftsman, the media ratings’ Enlisted Community Manager, the Navy Chief of Information’s Senior Enlisted Advisor and representatives from Navy College, US Military Apprenticeship Program (USMAP) and various offices from Naval Education Training Professional Development Technology Center (NET-PDTC).

According to Chief Mass Communications Specialist (SW/AW) Christopher King, the meeting was an eye-opener for all.

“This was the first time anyone had done a Stakeholder’s meeting,” King said. “We basically wanted to get a jump start on this merger.”

The group learned that usually, as ratings in the Navy merge, organizations such as Navy College usually find out after the fact. This leads to difficulties because the curriculums, degree programs and apprenticeship programs involved in each rating must be completely reassessed and new accreditation given to the rating training and rate.

USMAP also must reevaluate the requirements of the rating and then make recommendations to the Department of Labor as to how to conduct an apprenticeship program for the newly merged rating.

Both of these processes of re-evaluation and accreditation can take several years, and the MCs will not have a defined degree program with appropriate credits or an apprenticeship program for approximately five years.

“You can still work toward a degree that falls under one of the legacy ratings,” said King. “Once the merger takes effect, the legacy degrees will stop.”

Accreditation includes each college or university interested in

offering a degree program appropriate to the MC rating contacting the Defense Information School, the MC “A” school, and accredit the school’s curriculum.

They must then assign the appropriate number of college credits to the training. They also do so for each level of advancement in the rating – evaluating the experience necessary and applying the appropriate level of college credits.

USMAP also must re-evaluate how and what it offers apprenticeship credits for.

With the merger of the four ratings, a legacy Lithographer’s Mate apprenticeship program, which provides credit hours toward a journeyman certificate for press operator, for example, no longer applies, because the MC rating will combine all four legacy ratings into one rating.

The USMAP certificate can translate to better jobs in the civilian world; it is government certified proof that the individual holding the certificate has the training and experience necessary to run a certain piece of equipment or perform a task.

This makes the individual much more employable, as potential employers do not have to spend money to train them.

King said that situations such as this will not effect just the MC rating. As the Navy works toward fewer ratings, each new rating will face similar challenges, and with the requirement for all Chief Petty Officers to hold at least an associate’s degree in order to be selected, and senior chiefs to hold baccalaureates, this particular challenge is becoming more and more important to overcome.

Another factor the MCs must consider is the fact that, once the merger is complete, the rating will be over manned by about 500 Sailors.

Much of that number is expected to be lowered by attrition, retirement and cross rating.

It also makes application for Perform To Serve that much more important for MC who want to remain in the rating and in the Navy.

With all the challenges facing the new MC rating, including the fact that this is the first time the Navy has ever merged four ratings into one, forward-thinking such as a stakeholder’s meeting is essential. By planning ahead and involving members of the Navy’s education community in the merger, MCs hope to see a successful merger that will be the model for future rating mergers.



Features

BARBER

Continued from page 1

doing,” said Burnett. “My brother said he would walk me through it. After that cut, I knew this is what I wanted to do.”

From there, Burnett started cutting his family’s hair, and then started cutting his friend’s hair for \$2 a haircut.

Already on the road to becoming a professional at such a young age, it wasn’t until the closing years of high school that Burnett considered barbering as a career.

“Everyone put in my head that I was good,” said Burnett.

After high school, Burnett enrolled at a Technical College to learn more about being a barber. He landed his first job as a professional barber in 1993, where he worked in the back of a style salon run by his pastor’s wife.

Going from barbershop to barbershop, gaining experience and growing in age, Burnett realized his mother was growing older as well.

“I needed to do something to take care of my mother,” he said. “So I figured the Navy could help me.”

On July 8, 2005, Burnett enlisted in the Navy as a Ship’s Serviceman.

“It was obvious what job I was going to take,” said Burnett. “I could get my mother all the benefits, and work as a barber.”

Lady luck was smiling on Burnett when he got stationed aboard USS Abraham Lincoln (CVN 72).

“I was thrilled I was stationed in Washington,” said Burnett.



Photo by MCSN Timothy Roache

Ship’s Serviceman Herbert Burnett brings his services as a professional barber to Abe’s Chief Petty Officer (CPO) barber shop and spends his off duty time cutting at the E-6 and below barber shop. Burnett has been studying the barber craft for 20 years.

While in port he is managing another barber shop in the back of a beauty salon.

While underway, Burnett can still revisit those barbershop days by visiting the enlisted barbershop.

“The enlisted barbershop during the day is just crazy,” said Burnett. “Everyone is upbeat, having fun, just like a civilian barbershop.”

Burnett was quickly moved to the CPO barbershop. But every night after working hours, Burnett can be also found in the enlisted barbershop doing what he does best.

“It’s something I really love doing,” said Burnett. “Plus, I have to take care of my people.”

Mass Communication’s Specialist First Class (SW/AW) Roderick Jessie is one of his loyal clients.

“Every time he gives me a haircut, he makes like it’s a first impression,” said Jessie. “He’s always taking his time to make sure it’s done right, and professional. When I get out of the chair, I know I have a great cut.”

Burnett’s expectations are growing, as he looks to not only put on third class, he also wants to open a bigger barbershop.

Sea Enterprise Essay Contest

Admiral Clarke envisioned Sea Enterprise, the U.S. Naval Institute-sponsored essay contest, as an essential pillar of his overall Navy strategy. Sea Enterprise provides the means to have that Sailor properly trained and educated, serving on the right platform with the right capability.

The U. S. Naval Institute-sponsored essay contest deadline is now extended to March 31, 2006. The contest has a \$15,000 first prize, \$10,000, Second Prize, and \$5,000 Third Prize. More information can be found at www.usni.org/contests/seaenterpriseessay.htm



photo by MCSN Roache

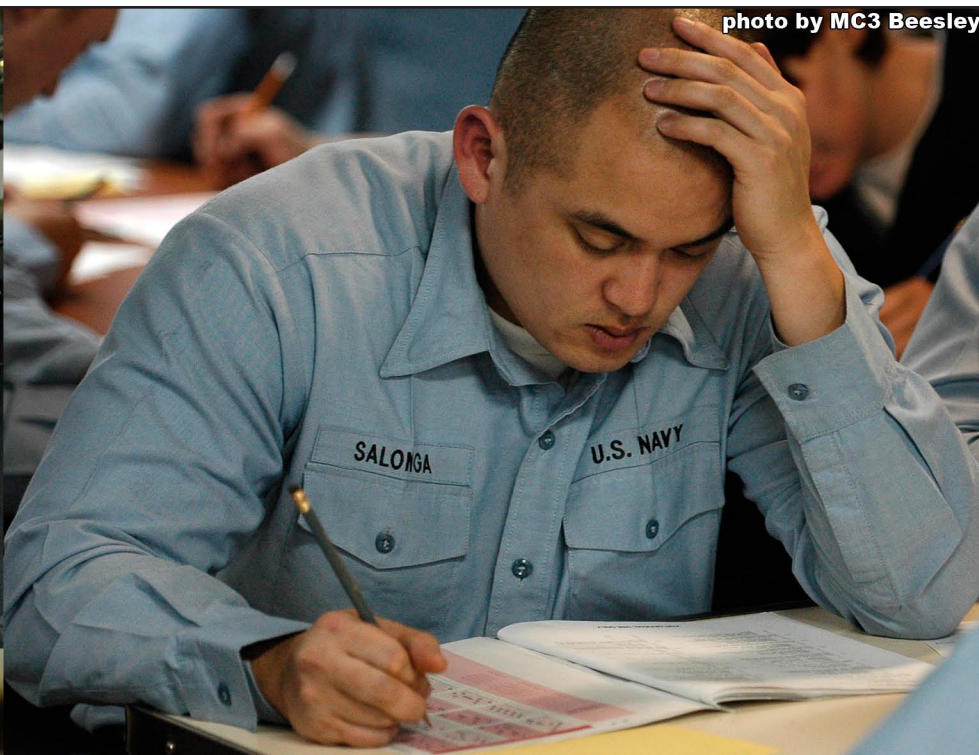


photo by MC3 Beesley



photo by MC3 McGury



photo by MC3 McGury

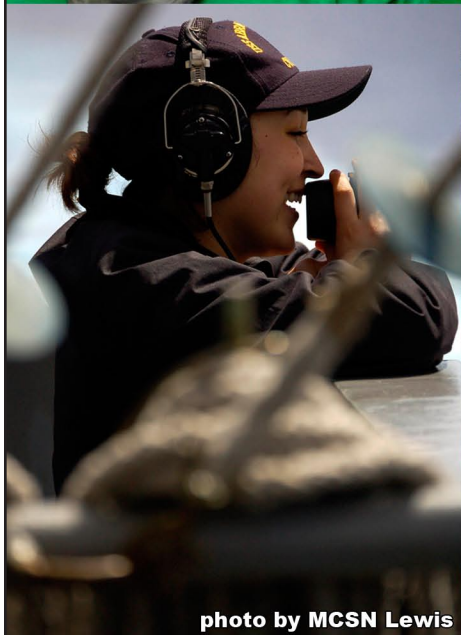


photo by MCSN Lewis



photo by MC3 Beesley

week at a glance

Local News

Grab a Salad and Hop on the Treadmill!

By LT. CMDR. THOMAS WYPYSKI
Special to the Penny Press

All personnel are required to complete a Physical Activity Risk Factor Questionnaire (PARFQ) prior to each PFA. Departmental Fitness Leaders (DFLs) are responsible for ensuring that each person in their department fills out the PARFQ. Due to bandwidth constraints while underway, it is recommended that everyone fill out a hardcopy PARFQ form and return it to their DFL.

Those individuals with a positive risk factor, those who answer yes to any question on the PARFQ, will be referred to a Medical Department representative for further evaluation. A Medical Provider must then approve any individual participating in command fitness programs, FEP or the PRT.

All measurements will be taken between 15 - 21 May. If there is a conflict or question with the results of an individual's BCA, DFLs will contact LCDR Wypyski, AOC Cortner, or SK1 Ford who will direct a second BCA if warranted, and then conduct the BCA for the individual in question; those results will become final. DFLs must report completion of their department's BCA to the CFL/ACFL as soon as possible. Anyone who fails to show up for their BCA will be in an Unauthorized Absence status (UCMJ ARTICLE 86, UA).

Khaki BCAs will be conducted by or in the presence of LCDR Wypyski or AOC Cortner. The BCA will be held in the foc'sle similar to the FALL 2005 BCA.

Monday, May 15 and Tuesday, May 16 and Friday, May 19 will be from 7:30 a.m. to 8:30 a.m. Wednesday, May 17,

Thursday, May 18 and Saturday, May 20 from 3:00 p.m. to 4:00 p.m. Sunday, May 21 will be a straggler day for all who missed the other days

E-6 and below BCAs will be conducted by Departmental Fitness Leaders (DFLs). Individual DFLs have the lead on scheduling & measuring their departments at one of several appropriate facilities on the ship.

Anyone desiring a Courtesy BCA anytime prior to the PFA should contact his or her Departmental Fitness Leader.

The full PRT has been waived for this cycle due to deployment.

Except for extenuating circumstances, personnel TAD to other departments are to conduct the BCA with their parent department. For those rare exceptions DFLs (from the parent and TAD department) must coordinate to ensure full accountability of all personnel.

All personnel who do not attempt to maintain standards will be processed for administrative separation (ADSEP) per MILPERSMAN Article 1910-170. Beginning in July 2006, mandatory ADSEP processing will apply to personnel who failed the PFA three or more times in the most recent four years and failed the SPRING 2006 PFA. Personnel who failed the PFA three or more times in the most recent four years but passed the SPRING 2006 PFA must continue passing the PFA during each subsequent cycle until no longer possessing three failures in a four-year period.

Reference the Command Fitness Leader folder on the Share Drive for additional guidance on the Navy's fitness policies.(s:/Command Fitness Leader (CFL)/Instructions_Policy)

If you have any questions, or need any more information contact LCDR Wypyski (PCS-2656) or AOC Cortner (J-572).

Navy Marine Corps Relief Society Raffle



Photo by MCSN James Evans

Abe's Navy Marine Corps. Relief Society (NMCRS) is starting another raffle.

In previous raffles, the prizes ranged from cold hard cash to a firing weapons off the fantail (pictured on the left) to a box of cookies.

This time around, prizes include dinner with the Admiral, half of the money raised, duty free Hong Kong and head of the line privileges for the galley or ships store for one month.

Tickets are one dollar each and are being sold on the aft mess decks. Buy as little or as much as you want.

You could win the prizes or help a Marine or Sailor in need. Either way, everybody wins.

Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo by MCSN Ronald Dallatore

Aircrew Survival Equipmentman Airman Katherine S. Effle, from Abe's AIMD Dept., sews Battle Dress Uniforms (BDU) aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN-72).

Editor's Top 10

Things you don't want to hear in the Ship's Barbershop

10. "Well, I don't know what I'm doing here, but here goes."
9. "It's been three whole days since one of our customers got their ear clipped off!"
8. "Ooh, a lock of your hair! I'll treasure it forever."
7. "You know, I have the Hair Club for Men phone number if you want it."
6. "Hey, this is the first time I've seen you back since that lice incident."
5. "You know, there are doctors who can correct misshapen heads like yours."
4. "Wait! That's not shampoo, that's Nair!"
3. "No! This isn't the guy who wants the Seahawks logo shaved into his head!"
2. "McKay, for the last time, you're not a barber! Go sweep up the back!"
1. "Wanna see something crazy?" (He drinks Barbicide)

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week



BM2 Jeremy Cash



While working with Hazmat, BM2 Cash of Hazmat/S-9 practiced Operational Risk Management and protected himself by wearing the Proper Protective Equipment (PPE) required by the job.

Cash's concern for safety by wearing splash proof goggles and nitrile gloves while working in a hazardous environment makes him this week's "Safety Sailor of the Week."